



Volume 6
Issue 3

Around the World!

Exploring space is a huge challenge. It requires teamwork from countries all around the world. Just as the United States has NASA, other countries have space organizations. These organizations represent 16 countries around the world and are NASA's international partners (IPs). For the International Space Station (ISS), the IPs are the European Space Agency (ESA), the Japanese Aerospace Exploration Agency (JAXA), the Canadian Space Agency (CSA), NASA, and the Russian Federal Space Agency (RKA). NASA and its IP's work together to accomplish one task of learning more about space.

All of the parts of the ISS were built on the ground by NASA and its IPs. For example, Russia built the Soyuz vehicle, Canada built the robotic arm, and the U.S. built one of the lab modules. Japan is building another module for the ISS that should be ready for launch in 2008. This new module will give the astronauts even more space to live and work.

The ISS crews are international as well. The crew consists of 2 U.S. astronauts and 1 cosmonaut (a Russian astronaut), but astronauts from Canada, Europe, and Japan will also live and work on the ISS.

The Nutrition Lab communicates with IP's once a month through meetings over the phone, called teleconferences. These teleconferences help the partners share new ideas so that the astronauts and cosmonauts are as healthy as possible while living in space.

The ISS crew members eat international foods since they are all from different countries. Right now, the space food on board the ISS is half American and half Russian. There are over 300 food choices the astronauts and cosmonauts can choose from! Europe, Japan, and Canada are working very hard to make new space foods so that ISS menus are more...international! Check out these international meals:

Russian Meal:

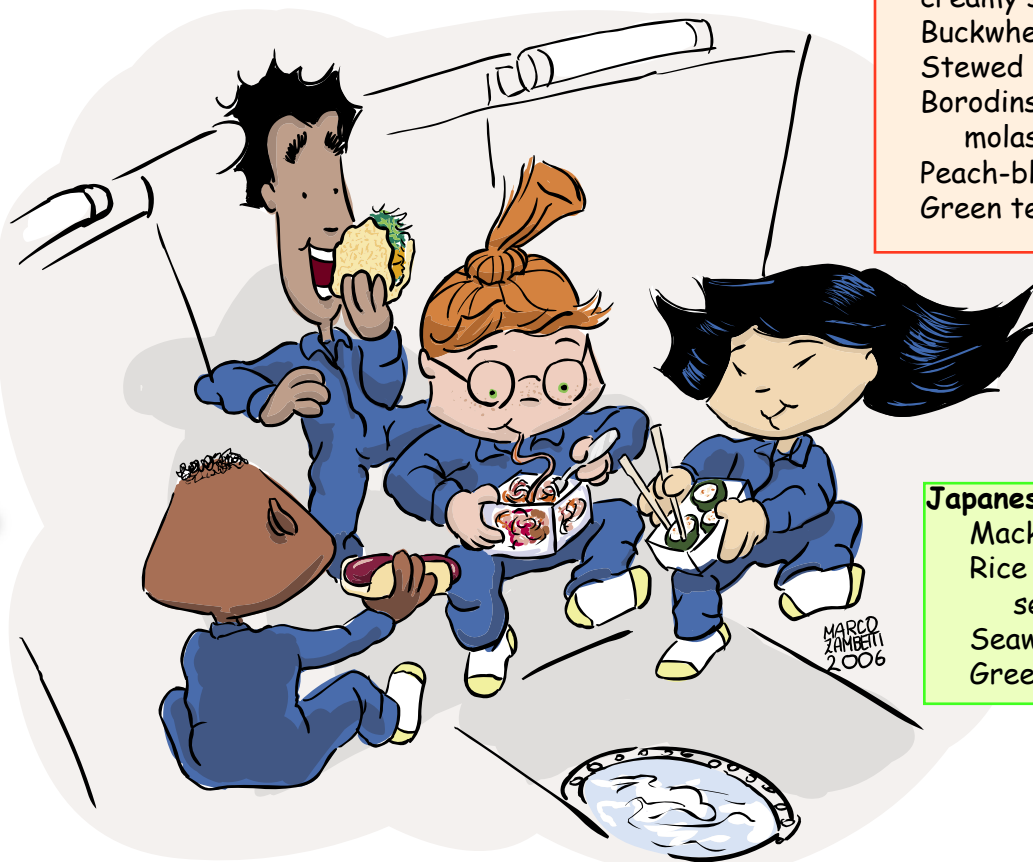


Beef goulash (a thick, creamy stew)
Buckwheat gruel (porridge)
Stewed cabbage
Borodinskiy bread (rye-molasses bread)
Peach-black currant juice
Green tea

Japanese Meal:



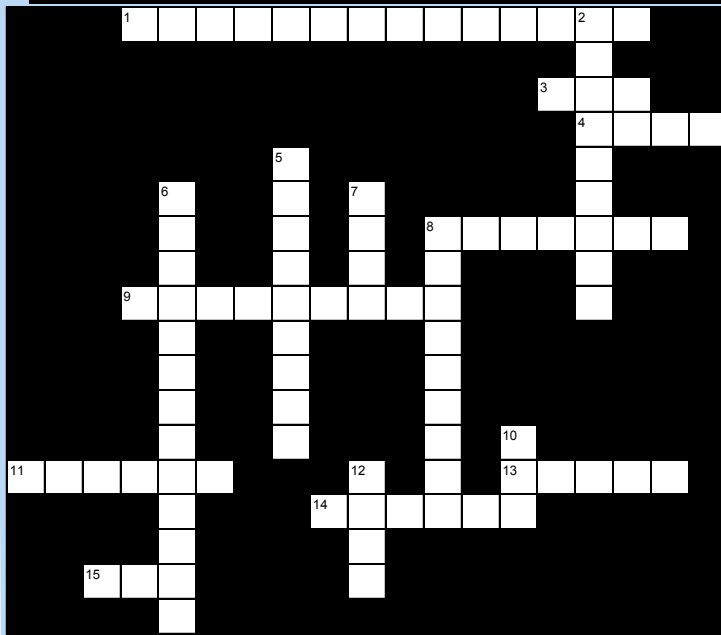
Mackerel with miso
Rice balls (rice, salmon, seaweed)
Seaweed soup
Green tea



MARCO
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2006

Space Nutrition

Thea's Corner...



Across

1. Meeting over the phone
3. Space station
4. A soybean paste
8. Russian stew
9. To add water to space foods
11. A country that makes half of the ISS's food
13. Name of the Russian space vehicle aboard the ISS
14. Country that built the ISS robotic arm
15. European Space Agency

Down

2. Russian astronaut
5. To remove all liquid from food
6. Between many nations
7. Japanese Aerospace Exploration Agency
8. A hot Japanese beverage
10. Canadian Space Agency
12. National Aeronautics and Space Administration



Did You Know?

- Space foods are either rehydratable, thermostabilized, or in natural form.
- A rehydratable food is one that is dehydrated, meaning all of the water has been taken out. So to eat it, you must rehydrate it, meaning you must add the water back.
- Canned foods are examples of thermostabilized foods.
- A food in its natural form is in a vacuum-sealed package, meaning all of the air has been removed so that it stays fresh for a long time. These include foods like nuts and dried fruit.

Word of the Month Vitamin

Can you guess what this word means? Look it up in the dictionary and see if you were right. We'll have more on this next month!

Web Connections:

Find out why NASA is planning return missions to the moon at the links below:

<http://www.nasa.gov/audience/forstudents/k-4/home/index.html>

<http://www.nasa.gov/vision/space/features/index.html>

<http://www.nasa.gov/audience/forstudents/5-8/features/index.html>



Check out Thea's Bonus Page, experiments you can try, and even stuff you may have done at our website:

http://hacd.jsc.nasa.gov/resources/kid_zone.cfm

email: Space.Nutrition.Newsletter@nasa.gov